Financial Wellness Resources

**What is Financial Wellness?**

Financial wellness involves the process of learning how to successfully manage financial expenses. Money plays a critical role in our lives and not having enough of it impacts health as well as academic performance. Financial stress is repeatedly found to be a common source of stress, anxiety, and fear for college students. With the many changes COVID-19 has brought, we realize that you may be stressing about finances.

Keeping up with these financial responsibilities can quickly become overwhelming, but ignoring them will only increase feelings of stress, anxiety, and fear. With so many things to juggle within a busy academic schedule, adding in some time every day to seek ways to improve financial wellness will help you feel less stress. Keeping track of expenses, making a budget, and sticking to it are important skills to have in order to be finically responsible and independent.

We’ve compiled some resources below to help support your financial wellbeing during COVID-19 and beyond. We’re working hard to keep you aware of the most up-to-date resources.

**University of New Orleans**

**Financial Aid**

If you are seeking more information about your financial aid award package through UNO, the best information will come directly from our Office of Student Financial Aid. Check your UNO email regularly and the UNO Student Financial Aid website at <https://www.uno.edu/financial-aid/faq>

**National**

**Financial Wellness Guide**

Free online financial wellness website for all students nationwide. Students will have access to a guide for staying financially well during COVID-19, along with access to a number of financial education tools such as courses, a financial wellness assessment, calculators, and much more!

You can access the website at <https://covid19.igrad.com/>, which will be available until July 1, 2020.

**Tax Help**

* **File taxes online for free** at [**MyFreeTaxes.com**](https://nam05.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.myfreetaxes.com%2F&data=02%7C01%7Crlaiche%40uno.edu%7C63280764d7bf45a29a4c08d7cc262bef%7C31d4dbf540044469bfeedf294a9de150%7C0%7C0%7C637202336626144810&sdata=Zx5tSJXnUkxRtD7uXZYr9YXcZTJxZXqT1Ho0AdzL2nM%3D&reserved=0)while our Volunteer Tax Assistance sites are closed

**Prescription Assistance**

* [**Use FamilyWize**](https://nam05.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.unitedwaysela.org%2Ffamilywize&data=02%7C01%7Crlaiche%40uno.edu%7C63280764d7bf45a29a4c08d7cc262bef%7C31d4dbf540044469bfeedf294a9de150%7C0%7C0%7C637202336626134817&sdata=AJWmUJHcIrZ%2FWV1DT7PwmWP1VmaZaB%2B8xGHMg3C2lW8%3D&reserved=0)to save on regular prescriptions while budgets are tight
* <https://www.goodrx.com/> Good RX gathers current prices and discounts to help you find the lowest cost pharmacy for your prescriptions

**Cox Internet, Connect2Compete Service**

* Internet access: <https://www.cox.com/residential/internet/connect2compete/covid-19-response.html>

**PCs for People**

* Provides affordable computers and low-cost internet to eligible individuals and nonprofits. They offer Refurbished Desktop & Laptop Computers, Low-Cost Mobile Internet, Affordable Computer Repair <https://www.pcsforpeople.org/get-technology/>

**Verizon**

* <https://www.verizon.com/about/news/verizon-helps-eliminate-worry>

**Local**

**File for Unemployment**

* If your workplace has temporarily closed or you have been told to take unpaid time off, you may be eligible for unemployment benefits through [@LouisianaWorks](https://www.instagram.com/LouisianaWorks/)
* To file a claim: <http://www.laworks.net/> or call 866-783-5567

**Apply for SNAP Benefits**

* Click on the “How to Apply for SNAP” link for a step-by-step guide on applying for SNAP benefits in Louisiana. <http://www.dcfs.louisiana.gov/page/get-snap>

**Food Assistance, Other**

**New Orleans Recreation Development (NORD) Commission/NOLA Public Schools**

* City-wide Feeding Program Schedule <https://nolapublicschools.com/covid19/nutrition>
* IG: nordcommission, nolaps
* NORD Homepage <https://nordc.org/home/>

**Second Harvest Food Bank**

* <https://no-hunger.org/covid-19/>
* [Dial **211**](https://nam05.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.la211help.org%2F&data=02%7C01%7Crlaiche%40uno.edu%7C63280764d7bf45a29a4c08d7cc262bef%7C31d4dbf540044469bfeedf294a9de150%7C0%7C0%7C637202336626134817&sdata=mydH9pS6aJ35cxMGceEV24aGQugK%2Fgt5bbLqC6VzqJ0%3D&reserved=0) to connect to resources in your area, including food assistance

**GNO Caring Collective Aid & Assistance Program**

* Visit <https://www.gnocaringcollective.org/> or call (504) 233-8707 for assistance
* IG: gnocaringcollective

**Broadmoor Improvement Association**

* Pantry and meal assistance
* <https://www.broadmoorimprovement.com/news>
* IG: broadmoor\_nola

**Ready NOLA**

Ready NOLA continues to be one of the most up-to-date sources of information for food assistance in New Orleans

* <https://ready.nola.gov/incident/coronavirus/resources/#food> for information on Second Harvest, NOLA Tree Project meal distribution, meal service locations for the homeless, information on the JLNO diaper bank, and more.
* IG: nolaready

**Liberty’s Kitchen**

Liberty’s Kitchen has compiled COVID-19 resources, including food access:

* <http://www.libertyskitchen.org/covid19-resources/>

**New Orleans Business Alliance Gig-Worker Relief Fund (Orleans Parish)**

* <https://www.nolaba.org/relief-fund/>
* As a result of the anticipated local economic impact of COVID-19, the New Orleans Business Alliance (NOLABA) is standing up a relief fund to meet the needs of gig economy workers who have been directly impacted via loss of income. To see if you’re eligible, go to New Orleans Business Alliance.

**Housing and Legal Assistance**

* <https://ready.nola.gov/incident/coronavirus/resources/#legal> Has a list of resources to link you to if you require legal assistance, are facing eviction, are looking for homeless shelters near you, or require rental assistance.

**GNO Caring Collective Rental Assistance**

* <https://www.gnocaringcollective.org/financial-assistance>

**Jefferson Parish**

* For information on services provided to residents of Jefferson Parish.

<https://www.jeffparish.net/departments/public-information-office/health-update/assistance-for-residents>